





3- Inspection 8- Gators!!!

Ship Support Complex (Phase 1) completed at CFAS

Grant Sattler

U.S. Army Public Affairs

Completion of Ship Support Complex (Phase 1) is a key step in improving the capability of Fleet Activities, Sasebo (CFAS). First nominated for use by the modernizing Japanese Imperial Navy by Lt. Cmdr. [later Admiral] Heihachiro Togo in 1883, Sasebo Harbor remains a vital location for the Japan Maritime Self-Defense Force and the U.S. Navy.

Brief Notes

Paving work is being performed on California Drive in the Hirase Area of Main Base until June 18. The first section under construction will be from the Harbor View Club to Bldg. 100, Operations Department Building. This area will be under construction for three weeks, followed by three weeks of work from Bldg. 100 to the Government Vehicle Fuel Station.

These areas under construction will be reduced to one lane traffic each working day from 8 a.m. to 5 p.m. For further information regarding this paving work, contact ROICC at 252-3469.

The University of Phoenix is

hiring soon and needs your resume! Full time position offered with benefits. The university offers employees masters level classes for free! Must be able to multi-task and have strong interpersonal and communication skills, be able to give presentations to small groups. Basic computer skills required and sales, customer service or marketing experience preferred.

Please mail, fax or bring in your resume by May 19 to Kim Arthur at 252-3044 or fax 252-3043. You can bring your resume by our office at the Community and Education Center, first floor from 7:30 a.m. -4 p.m. Monday-Friday.

USO Notes

Oriental Deco Furniture and Michelle Jewelry vendors will be available at Dragon Vale Housing's Dragon Crest Building Friday (3 p.m. - 7 p.m.), Saturday (9 a.m. - 7 p.m.) and Sunday (10 a.m. - 4 p.m.). For more information, conact the USO at 252-3959.

> **DUI Counter:** 19 days as of May 13

With completion of Phase 1 in April 2005, the four - story 126,435 square foot Ship Support Complex is a lynchpin of the Tategami Peninsula development plan for CFAS. Built by the Government of Japan under the Japan Facilities Improvement Program, the complex houses industrial shops, office and administrative areas, training facilities and classrooms, and includes rooftop parking.

"This facility will allow Sasebo to better compliment the capabilities at Ship Repair Facility (SRF) Yokosuka," said John Zambrano, Sasebo Project Engineer with the U.S. Army Corps of Engineers Japan Engineer District. The new building houses multiple tenants, bringing together units responsible for ship repair, maintenance scheduling maintenance training into a combined facility. Moving into the new building are Amphibious Group One Task Force 76, Ship Repair Facility and Japan Regional Maintenance Center, Detachment



The new Ship Support Complex houses multiple tenants, bringing together units responsible for ship repair, maintenance scheduling, and maintenance training into a combined facility. (Official U.S. Navy Photo by PH3(AW) Yesenia Rosas)

Capt. Alan Moore, deputy commander, Amphibious Group One, dual-hatted as surface maintenance officer, said collocation will be a primary benefit of the new facility that replaces a number of structures built in the 1920s.

"All of us in one building will help

According to Moore, the SRF Detachment Sasebo will see immediate benefit from the new facility.

Facility Manager Charles Fulkerson

"This facility lets us bring our whole shop into one area," said Fulkerson. "Where now we've got three barges, plus an operation adjacent to Dry Dock Two, about three or four kilometers away, here we've got a good central location.

Cdr. Paul Macri, Officer In Charge, SRF, Det. Sasebo, said the new building will boost his unit's productivity.

"Several operations have to go from one barge to another for completion," said Macri. "Now those operations will just move within one building. That will be a much simpler task, thanks to seven bridge cranes that traverse on rails over the shop areas."

Involved initially in 1995 with plans for the Ship Support Complex, Fulkerson credited SRF Yokosuka Code 350A shop superintendent Hiromu Oomori and CNFJ Regional Base Development and Real Estate Business Line Coordinator Wesley Ishizu, with making the facility right for SRF, Det. Sasebo.

"If a guy owned a small company, this is what he'd want," said Fulkerson. "I'm really, really happy with this place."

A \$1 million purchase arranged by SRF, Yokosuka for industrial plant equipment - lathes, milling machines, drill presses, welding machines, etc. - will ensure SRF, Det. Sasebo can accomplish its goal of

Please see Complex, Pg. 6



The Ship Support Complex Group Master (left), Production Officer (middle), and the Facilities Manager discuss the process that the Demineralizer uses in order to make Grade A water in the new Maintenance and Training Facility building aboard Fleet Activities Sasebo (CFAS). (Official U.S. Navy Photo by PH3(AW) Yesenia Rosas)

Sasebo, the Afloat Training Group interaction between the TF 76 staff, the Western Pacific Detachment, Fleet and Industrial Support Center, Commander Logistics Western Pacific Detachment, and Systems Test and Analysis Equipment

ships and repair on the waterfront," said Moore. "This is step one, heading toward the vision of this peninsula truly being all things required for ship support."

Main Base Power Outage

On **Sunday, May 15**, there will be a power outage throughout Main Base for annual maintenance to the power substation. Power will by secured by 8 a.m. and restored by 3:30 p.m. The following areas will be affected:

- All ships berthed in India Basin, Juliet Basin, Small Craft Berthing Pier, Dry Dock #2 and JMSDF Piers.
- All residential areas such as Main Base Housing Units, BOH/BEH and Navy Lodge.
- All food service areas such as Harbor View Club, Shogun Cafe, Galaxies, Bayside Food Court and McDonald's.
- The Mini Mart remain open, but will not pump gas. All religious services will be conducted as scheduled. All other Main Base facilities will be closed.

For more information, contact T. Tokunaga at 252-3484

DoD warns about insurance, investment rip-offs

Insurance and

Investment Fraud

Know

Rudi Williams

American Forces Press Service

Defense Department officials are working to thwart insurance and investment marketing practices that exploit military personnel.

Congress raised concerns last fall after press reports documented abusive insurance and investment sales practices at some military installations, including Camp Pendleton, Calif. and Fort Benning, Ga. This caused the DoD to step up its efforts to improve oversight and enforcement of policies.

"You really have to be a little bit skeptical if somebody says if you invest a little bit of money with us today, you'll have a great deal of money tomorrow," warned Air Force Col. Michael A. Pachuta, DoD's director of Morale, Welfare and Recreation policy. "You should shop Ifor investment opportunities! like you would for anything else. Don't buy the first thing that comes along. Make some comparisons.

CAPT. TILGHMAN D. PAYNE

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All items for submission must be brought into the Sasebo Soundings office in PW 80 or sent by guardmail or MPS, or emailed to soundings@sasebo.navy.mil. The Public Affairs Office, as permitted by the Commanding Officer, reserves the right to edit, omit or change any part of the submission to fit the style of the paper.

Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

Sasebo Soundings PSC 476 Box 93 FPO AP 96322-1100 Brand-new service members are sometimes enticed to go off base to what they think are investment seminars that end up being insurance sales pitches," said Pachuta.

"Unfortunately, our policies don't apply off the installation," he continued. "So, we have to rely on financial education, which we've tried to improve at the first basic-training opportunities with our new service members."

Pachuta recommended that troops ensure there are no combat-exclusion clauses in life insurance that they buy.

"We're going to be in harm's way, and it doesn't make any sense to have a policy that won't

cover those kinds of events," Pachuta noted.

He encourages servicemembers to seek counseling and advice for financial matters through base family support centers and legal offices.

Service members should be on the lookout, according to Pachuta, for such things as something presented as a savings plan with an insurance component to it. That's a red flag, he said, adding that before buying insurance, servicemembers should compare what the premium would be for a rate of coverage compared to the rate for the same amount

of coverage through the Servicemen's Group Life Insurance (SGLI) program.

About 96 percent of servicemembers have SGLI, and 92 percent of them have opted for the full SGLI coverage of \$250,000. More than 160,000 service members have military pay allotments for supplemental commercial life insurance. The premiums they pay total more than \$190 million per year, according to DoD statistics.

"SGLI, to a large extent, especially for single service members who have no dependents, should fulfill most of their in surance needs," said Pachuta. "However, a lot of times, our

young service members are looking at putting away some money. And some of these insurance sales pitches are disguised as savings plans, although there's an insurance aspect to it that wasn't explained clearly when they signed up."

Pachuta suggests that service members who want to open a savings account should consider the Thrift Savings Plan (TSP).

"It's a tax-deferred plan, and there are not many investments, other than tax-free bonds, that have the same kind of advantages that TSP has," he said. DoD officials are rewriting parts of the department's commercial-solicitation policy to enhance enforcement. This includes a requirement for installations that detect policy violations to report them to their service headquarters, and from there to DoD. The aim is to keep a record of violations and have it available for installations to check when a new insurance agent wants to do business on the installation.

Pachuta said there are 14 prohibited practices in DoD's commercial-solicitation directive, such as soliciting without an appointment, soliciting door-to-door, and soliciting individuals during duty hours at their work places.

"Those are the kinds of policies that limit where, when and how an insurance or investment solicitor can make contact and solicit someone on the installation," he said. "We've also been concerned about agents having access to allotment forms and having them there for the service member to sign on the spot. And even the agent taking those forms to finance to get them processed.

"We think that really steps over the line," Pachuta noted. "Pay is a personal decision that a member has to make, and they need to be the one to process any kind of allotment for an investment or insurance that goes through the military pay system."

According to Pachuta, financial education is the key to stopping service members from being ripped off by unscrupulous insurance agents and

Please see Insurance, Pg. 4

Sasebo Sailors, Marines of the Year honored

JO2 James Kimber

Task Force 76 Public Affairs

Sixteen Sailors and a Marine from Task Force 76 were among the honorees at a dinner banquet May 7 to honor the Sailors, Marines and Bluejackets of the Year assigned to the commands supporting the largest U.S. fuel depot in the Pacific and the operating port for the Navy's only

forward-deployed amphibious force.

Among the honorees were Sgt. Marine Matthew J. Simon, the Forward Deployed Amphibious Ready Group Marine Non-Commissioned Officer of the Year, who was the first Marine from the forward-deployed amphibious force to

attend the annual banquet.

Rear Admiral Victor G. Guillory, commander, Amphibious Force U.S. Seventh Fleet, and a guest speaker at the event, said a Sailor or Marine who is awarded his command's Sailor/Marine of the Year must first be a "true shipmate."

"A 'true shipmate' is a shipmate who

is ready to help out his fellow Sailors anytime, anywhere," said Guillory. "He is a shipmate who ensures his fellow Sailor or Marine always has a friend they can count upon—someone to motivate them to greater achievements and be there for them in times of darkness. As I look at our Sailors of the Year from each command, I am pleased to see that they

embrace all of t h e s e characteristics and rose above their peers as guiding lights, whose leadership skills and superior performance set them apart from the rest."

Operations
Specialist First
Class (SW)
Michael E. Myers,
USS Fort McHenry
(LSD 43) Senior

Sailor of the Year, appreciated the community's recognition of the hard work and dedication from the leading Sailors and Marines of Sasebo.

"It's just amazing how the Sasebo base community is so close-knit," said Myers. "I am very impressed with how the base community can come together and put on a beautiful banquet to recognize the efforts of the finest Sailors and Marines Sasebo has to offer."

Most of the Sailors invited to the banquet were actually awarded their command's Sailor or Marine of the Year in January or February this year. However, because many of these Sailors and Marines were deployed in support of Operations Iraqi Freedom, Enduring Freedom and Unified Assistance for much of this year, the banquet was postponed



for the Forward Deployed Amphibious Ready Group's return.

Juneau embraces challenges of major repair period

Lt. j.g. Heath Alvarez

USS Juneau (LPD 10) Public Affairs

Four weeks after her return from an eight-month deployment in the North Arabian Gulf, USS Juneau (LPD 10) is amidst a six-week Selected Restricted Availability (SRA).

The SRA is an opportunity for the ship to effect much-needed repairs and equipment overhauls that only through the extraordinary efforts of the ship's crew have held up so remarkably well under Juneau's incredibly high operational tempo the past few years.

Originally scheduled for Summer 2004, Juneau's current repair period was cut short last year because of the ship's surge deployment to the 5th Fleet Area of Responsibility.

"Nearly 500 contracted jobs as well as around 500 ship's force jobs went undone last year," said Angel Ambito, Juneau port engineer. "Many of those jobs are going to be revisited, in addition to tackling the new jobs brought on by the last deployment. This year, there are more than 900 contracted jobs to complete at the cost of \$12 million."

Even though the extensive repair work has caused air conditioning, running water and sewage to be shut down temporarily, the ship's condition doesn't mean critical training and the other aspects of the lives of the ship's crew come to a stop. Many

Sailors are even enjoying a bit of postdeployment leave. Indeed, balancing

school, leave, and shipyard work during an SRA can be quite a challenge.

"Trying to plan daily events such as meals or work lists can be an arduous task, so you have be flexible," acknowledged Culinary Specialist Second Class (SW) Rodney Stokes.

Machinist's Mate First Class (SW) John Raymer was equally philosophical. "SRA has been a chaotic madhouse with all of the needed work going on. However, we're getting a lot of updated equipment installed that will help the ship in the long run.'

Juneau's Sailors and their Japanese shipyard-worker counterparts have just over one month until the

scheduled end of the SRA. Even most junior members believe the maintenance team can achieve this deadline.

"An incredible amount of work is being done. The (Japanese contractors) are working very hard, as are the Sailors. When it is all said and done, we'll have this ship in tip top shape and it'll be looking outstanding."

Ship's Serviceman Seaman Corey



USS Juneau (LPD 10) is amidst a six-week Selected Restricted Availability (SRA). The SRA affords the crew an opportunity to effect much-needed repairs and equipment overhauls. (Released by CFAS Public Affairs)

Waldusky added, "The work is hard and the days seem to go on forever, but the ship is really starting to look good where jobs have been completed. I'm sure the whole ship will look great when the SRA is finished," said Machinist Mate Third Class Larry Seefeldt.

Juneau Commanding Officer, Capt.

Ron Horton, summarized the SRA by saying, "The most positive aspect of this

> SRA is the teamwork in evidence between the Japanese and the Americans. One can't help but be inspired by the Japanese organizational skills and hard work ethic. It's exciting to see Juneau's crew working alongside their Japanese hosts to accomplish these enormous jobs and my Sailors continue to rise to the occasion on a daily basis, said Horton."

> 'Although she's been in commission for 36 years, Juneau is, to me, just like one of those classic cars a person sees at an auto show – it may be old, but it can still shine like a diamond and purr like a kitten, said Horton. After all, who in his or her right mind would turn down a cherry 1969 Ford Mustang or Chevrolet Corvette? That will always be

my vision for Juneau: a classic."

USS Juneau is part of the Forward Deployed Amphibious Ready Group, operating out of Sasebo, Japan and is the Navy's only forward deployed amphibious transport dock.

Dressed to impress: CFAS Sailors participate in seasonal uniform inspection





Soundings would like to congratulate the following Sailors who received grades of 'Outstanding' during Fleet Activities Sasebo (CFAS's) seasonal uniform change Dress Whites inspection May 6 at the Community and Education Center:

EA1 (SCW) Schuhart SH1 (SW) Tacan

MASN Garrett

MASA Tyner

Clockwise from top left: The Commander, Fleet Activities Sasebo (CFAS) inspects the assistant public works officer, A Master-At-Arms First Class stands ready for inspection, the ordinance officer walks between ranks of CFAS Security personnel, and a senior chief Boatswain's Mate gets inspected by the commanding officer. (Official U.S. Navy Photos by JOSN Jeff Johnstone)



Fort McHenry holds change of command ceremony

Journalist Third Class David J. HamUSS Fort McHenry (LSD 43) Public Affairs

Cmdr. Michael T. Talaga relieved Cmdr. Mark E. Weber at a change-of-command ceremony aboard USS Fort McHenry's (LSD 43) flight deck May 6.

Weber, a Cumming, Ga., native, assumed command of the forward-deployed amphibious dock landing ship Aug. 4, 2003.

During Weber's tenure as ship's captain, Fort McHenry participated in numerous joint and combined exercises

effort following the Dec. 26, 2004, tsunami in Southeast Asia. During OUA, Fort McHenry delivered more than 1 million pounds of relief supplies to tsunami victims and hosted former presidents Bill Clinton and George H. W. Bush.

"Words cannot express the esteem and gratitude I have for my crew," said Weber. "Nor can I thank them enough for making my command tour the highlight of my career. I am forever indebted and thankful for their tireless dedication, unwavering support, and professional



USS Fort McHenry's (LSD 43) commanding officer (center), salutes the Commander, Amphibious Task Force 76 at a change of command ceremony aboard the forward - deployed amphibious dock landing ship in Sasebo, Japan, May 6. The commander on the left relieved him at the ceremony. (Official U.S. Navy Photo by Journalist Third Class David J. Ham)

and operations throughout the Pacific region including Balikitan, Foal Eagle and the 60th Commemoration of the Battle of Iwo Jima. Fort McHenry also played a major role in Operation Unified Assistance (OUA), the humanitarian relief

performance of duties."

Weber will be heading to the Industrial College of the Armed Forces in Washington D.C.

Talaga, a Michigan City, Ind., native and 18-year naval veteran, comes from

Insurance, from Pg. 2

companies.

"The department kicked off a financial-readiness campaign about a year and a half ago with 28 federal and nonprofit private organizations that specialize in financial education, such as the Securities and Exchange Commission, Department of Treasury and National Association of Securities Dealers," said Pachuta. "These are large, reputable organizations that have good information. They have great Web sites, great training tools, and they provided us information we can use in our financial-education programs.

According to Pachuta, DoD policies apply to any military or civilian employees as long as the transaction takes place on a military installation.

"That has been the problem. Some people have been enticed to go off the installation to carry out these business agreements. So we're interested in working with the federal and state regulatory agencies to broaden our oversight, said Pachuta."

He pointed out that DoD policies cover insurance and investment

agents who operate overseas, as well. The companies have to apply to DoD each year for permission to operate on U.S. military installations overseas.

Pachuta said he'd like to hear from individuals who have been taken advantage of by such unscrupulous practices. People can send comments to him at <Michael.Pachuta@osd.mil> no later than June 20.

Pachua recommends that anyone who has a problem with an insurance product contact the appropriate state regulatory agency.

"They're the ones that have a strong hammer if there has been a legal or ethical violation," he said.

The Securities and Exchange Commission or the National Association of Securities Dealers are oversight bodies for investment products.

"So if someone feels they've been taken advantage of in the financial-investment arena, those are the agencies they should contact," said Pachuta.

"The problems we've become aware of have been primarily in training environments," said Pachuta.

Regional Support Organization in San Diego, where he served as chief staff officer.

Talaga has extensive knowledge of the

amphibious Navy having served aboard USS Anchorage (LSD 36) twice, including a tour as executive officer, and as operations officer aboard USS Peleliu (LHA 5) during Operation Enduring Freedom.

"I am thrilled to be given the opportunity to command a ship that has built such a great reputation. The crew's performance in recent

months responding to real world events speaks for itself. (My wife and I) have been welcomed with open arms and are anxious to get started and become a part

of the Fort Mac and Sasebo family."

Fort McHenry is one of the Navy's two forwarddeployed amphibious dock landing ships operating out of Sasebo, Japan, and is a part of Amphibious Force Seventh Fleet.



New CO addresses the crew...



The Commander, Fleet Activities Sasebo (CFAS) addresses Sailors on May 6 following the seasonal uniform inspection. Payne stated the importance of pursuing education, maintaining good relations with the host nation of Japan and active involvement in the community. (Official U.S. Navy Photo by JOSN Jeff Johnstone)

ACU 5 completes Craft Readiness Evaluation at Sakibe Naval Facility

JO2 James Kimber

Task Force 76 Public Affairs

Assault Craft Unit Five Detachment Western Pacific (ACU 5-DETWESTPAC) completed the annual Craft Readiness Evaluation (CRE) May 5 at Sakibe Naval Facility.

According to Chief Warrant Officer Curtis D. Maxwell, ACU 5 officer-incharge and command Boatswain, CRE is an annual, extensive inspection of Landing Craft, Air Cushions (LCACs) to determine overall material readiness for future amphibious operations and exercises.

Inspectors and technicians from ACU 5's parent command in San Diego check the forward-deployed detachment's LCAC engine maintenance and safety procedures among various proficiencies to help determine overall readiness.

"Our detachment] will take the engines off of the craft and disassemble every

piece to ensure each piece meets the tolerance needed for a gas turbine engine," said Maxwell. "If anything is found to be broken or below standard, that piece will be replaced.

"CRE not only exposes problems we would otherwise not notice, (the evaluation) can save someone's life," Maxwell said. "This isn't a pass-or-fail inspection. This is a life-or-death inspection."

Assault Craft Unit Five Detachment Western Pacific is the Navy's only forward-deployed Landing Craft, Air Cushion detachment and operates out of Sasebo, Japan. ACU 5 embarks the ships of the Forward Deployed Amphibious Ready Group in support of amphibious operations and exercises.





Making Pottery in Arita

Tour one of the many pottery factories in Arita on Wednesday, May 18 with Travel & Tours and see how they make their exquisite masterpieces first-hand. After the tour you'll make your own 'masterpiece' on the potters wheel and paint a ceramic piece. Your creations will be fired and sent to the Travel & Tours Office where you can pick them up later. This is a unique 'hands on' experience, for adults only. Tickets are only \$35. For more information, call 252-3433.

Take a Hike

Your friends at the Sailing & Outdoor Adventure Center have arranged several hikes for you and your family and friends to enjoy during the month of May. The next one is the Oshima Island, Yuridake Hike on Saturday, May 15. Cost of the hike, which will take place from 10 a.m. to 3 p.m., is only \$12 per person. For more information, call 252-3500.

Pro Baseball at Yahoo Dome

The Hawks will take on the visiting Hanshin Tigers Saturday, May 21 at the famous Yahoo Dome in Fukuoka. If you haven't been to a Japanese pro baseball game yet, then you're in for a treat. All seats are just \$30, including transportation, game ticket and balloons for the 7th inning stretch. Outside food and beverages are not allowed inside the dome. Camcorders are also not permitted. For more information, call 252-3433.

3-6-9 Bowling Tournament With Strikes for Cash Special

The next 3-6-9 Bowling Tournament with a 'Strikes for Cash Special' is scheduled for Saturday, May 14 at the Spare Time Recreation Center. Cost is \$15 per bowler. You must be 18 years or older to participate. The 3-game tournament will get underway at 6:30 p.m. After each 1st and 2nd game, one name will be drawn. If this person can roll three consecutive strikes starting from lane one then moving to lanes two and three, they will win \$25. At the end of the 3rd game three names may

be drawn to win up to \$150. The first person drawn will have a chance to win the whole \$150 by rolling four consecutive strikes. If this person does not win, then a 2nd name will be drawn for a chance to win \$100 by rolling 3 strikes. If this person does not win a 3rd and final name will be drawn for a chance to win \$50 by rolling three strikes. For more information, call 252-3634.

Scuba, Scuba, Scuba!

Sailing & Outdoor Recreation staff members can put together a special scuba diving trip for you and your friends, complete with all the equipment you'll need for a safe, fun and exciting scuba diving experience off the coast of Southern Japan. See marine life up close and personal and explore sunken vessels. For more information or to make arrangements for a scuba diving trip tailored to fit your needs, call 252-3500.

Ballet & Jazz Dance Classes

Everyone from beginners to more advanced can benefit from taking ballet and jazz dance lessons from instructor Beverly Brinkley at the Hario Fitness Center. Monday classes for ballet beginners ages 7 and under are available from 3:30 to 4:15 p.m. Beginner jazz classes for children 7 and under are held Mondays from 4:15 to 5 p.m. Intermediate ballet classes for those 8 and above are held from 5:15 to 6 p.m. Intermediate jazz classes are held from 6 to 6:45 p.m. every Monday. Fees are \$40 per class, \$50 for 2 classes and \$60 for 4 classes. For more information, call 252-8960.

May Lunch Specials at Harbor View Club

Enjoy a fine selection of delicious lunch specials during the month of May, prepared by Harbor View Club Executive Chef Charles Yost and his team of culinary professionals. Every Monday in May feast on breaded shrimp basket with French fries. On Tuesdays the special is BBQ baby-back ribs with country-mashed potatoes. The Wednesday special is homemade lasagna with meat sauce. Every Thursday in May you can enjoy roasted half chicken vesuvio with garlic potato wedges. The Friday May special is grilled filet of salmon with mustard sauce. Harbor View lunch specials are served Monday through Friday from 11 a.m. until 2 p.m. Price is only \$6.95, including one trip to the salad bar and your choice of iced tea or coffee. All entrees accompanied by chef's garnitures. For more information, call 252-3965.

Schedule for May 13-22 SHOWBOAT THEATER Star Wars: Man of the House Star Wars: 130 p.m. oc.is Diary of a Mad Black Woman ed and Fabelo HARIO VILLAGE THEATER SATURDAY, MAY 21 SATURDAY, MAY 14 THURSDAY, MAY 19 NO MOVIES NO MOVIES NO MOVIES SCHEDULED 6:30 p.m. oro Be Cool Miss Congeniality The Ring 2 The Ring 2 Armed and Fabulos strollers or backpacks HOSTAGE (R) From Wills, Klavin Pollok, Jimmy Somrett, Jimmy Pinchall and ICE PRINCESS (G) Slaving Materials relationing, Jean Glassid, Alin Catellal, Applications and There is a Control Mayber Positive Casiny in the service quite fit in . She is cough between the first larted y of becoming a championality figure. She has not control to the control of their with Gen and her coach diagraced former shaling shampion who also happens to be Gen's mother; ahe must dash her own mother's hope in order to pursue her dream. Now, with only the support of Gen's teaching brother, a harry Zambori driver, Case takes on the challenge of her life when she finds herself competing against the best to make it into the championality circuit and become a real "top princess." ushed traiter on whecked by guilt from a prior stint is a gotiator. When a Matia accountant is taken hostage on at, he must negotiate the standoff, even as his own familia dispose by the mole. TAR WARS: EPISODE 3 (PG-13) Convert and Stewart L. January free long years of releasibless flighting, the Clone Wates yet an end. The Jedi Council dispatishes Obi-Wate Kee go the deadly leader of the Separatish of their darry to juswhite back on Conseasy. Channellor Parjotine has gsee. His sweeping political changes transform the was bits into the mighty Collectic Empire. To the closest will be the true nature of power and the potentied secrets o in an elboryte to lare him to the dark side.

Living in Japan: Who wants to be a millionaire?

Okay, now this one really isn't so much about living in Japan as it is about today's international communications capabilities. But, as I am living in Japan as I write this, I'm going to call it close enough to qualify as an article.

A number of people in our Sasebo community try to inflate my ego with flattery, but I am thoroughly agog at how many total strangers, from all corners of our earth, are turning to me for assistance in their terrible times of financial need.

Today alone, no less than seven deposed rulers, sons of exiled engineers, heirs to fortunes tied up in foreign

banks and others with similar horrific tales of persecution and governmental ineptitude, have offered me millions of dollars, actually it's usually in British pounds, and all I have to do is intercede on their behalf in having the money transferred into my Navy Federal Credit Union (NFCU) account. Multiply that by the glut of six to 16 email messages I receive daily from similarly distraught people, I've come to realize something - I could quit this popsicle stand and have my home telecast on 'Cribs' just by being a Samaritan and



Jerry Havens Supervisory Programs Manager FFSC

helping out three or four of the most needy mendicants. Heck, the way the flow of newly deposed and exiled wealthy people seems to be going, I would just have to help out a couple a year to live very high on the hog for the rest of my life.

Here is where I want to thank **you**. I can only assume it is through referral by some of you, here in our Sasebo community, that these sad souls have come to believe I was the person who could best help them out of this fix they find themselves in. Why else would so many imminently rich people decide to call on me, a total stranger, if not due to a rousing recommendation from those who know me best?

Thank you all very much for your confidence in me, and if you will stop by my new residence when you return stateside (I'm contemplating buying Neverland once all of the dust of the trial settles), I'll let your children ride my llamas – but I'm afraid I won't be allowing any overnight stays at the estate.

Now comes the hardest part, pouring over the hundreds of pleas I've printed out to determine whom the lucky folks will be that I decide to respond to. Oh yeah, and I have to call Emily over at NFCU and see if she will accept British pounds for deposit, or if I'll need to get it exchanged into dollars prior to them making the transfer. Ah, the heavy responsibilities one takes on when they go out of their way to help others.



List for Soundings — 6-

'Operation Thin Mint'

Singapore Girls Scout troops 'deploy' to USS Safeguard



(Top) Girl Scouts and Brownies from two troops in Singapore pass Girl Scout cookie boxes up the brow of the rescue and salvage ship USS Safeguard (ARS 50) as part of Operation Thin Mint. The Scouts delivered the cookies to bring a taste of home the Sailors while deployed. Enough cookies were delivered for each member of the crew to have his or her own box. Commander Logistics Group Western Pacific (CLWP), located in Singapore, is coordinating the distribution of more than 40,000 boxes of Girl Scout cookies to deployed Sailors and Marines throughout the 7th Fleet area of operation. (Official U.S. Navy Photo by JO2 Kathryn Whittenberger)

Complex, from Pg. 6

work is sent off the installation, while SRF, Det. Sasebo handles the remainder and maintains the capability for expedited work, Fulkerson said.

Much of the new equipment will be Japanese, better suited to the organization's Japanese workforce, Macri said. SRF, Det. Sasebo has a dozen U.S. Civil Service workers, and an equal number of Sailors, but the majority of workers, about 230, are Japanese.

In addition to getting its shops off the barges and installing modernized equipment and a single tool room, SRF, Det. Sasebo also expects to gain other efficiencies. "A lot of our workers are multi-track," Fulkerson said. "For example, our welders can work on pipe, or plate. Once we're collocated it will be a lot easier to swing them to the work."

The placement of the Ship Support Complex on the Tategami Peninsula in the center of CFAS is ideal, Macri said. We'll be able to put ships on both sides," he said. "Instead of having shops all over the basin, we'll now save a lot of time lost in transit before.'

The Ship Support Complex includes specialized rooms, such as an instrument calibration laboratory with controlled temperature and humidity and an oxygen clean room with overpressure for repair

of breathable O, system components. The building has its own emergency generator with fuel room and a cleaning area built into the floor, connected to its own wastewater treatment plant that will save on disposal costs. "Environmentally this is the latest," Fulkerson said. "Eighty percent of our wastewater can be disposed of once it's treated, but if you just use a tank, you have to pay for the whole thing. The average cost for waste water disposal is 41 cents per liter."

Upper floor administrative, office, and classroom spaces incorporate raised floors in the design for variable configurations and routing of phone connections, local area network, and other connections, Fulkerson said.

Moore said having various tenants on a single floor will improve working relationships. "It will be 'step over to the office next door' functionality," he said. The Afloat Training Group Wet Trainer Facility will allow Sailors to learn to make underway repairs in a realistic environment. It includes shower and locker facilities.

Phase 2 of the Ship Support Complex will add warehousing and administrative space for the Integrated Logistics Operations Detachment and two levels of rooftop parking. Construction of Phase 2 is projected for 2007.

Safety Corner: Motorcycles and sharing the road safely

Charles Carr

CFAS Safety Department

The Motorcycle Safety Foundation (MSF) promotes motorist awareness and sharing the road with motorcyclists. Motorist awareness is an important component of the National Highway Traffic Safety Administration's motorcycle safety program.

Over two-thirds of fatal motorcycle crashes involve a motorcycle and another vehicle. The motorist either does not see the oncoming motorcycle at all or does not see the motorcycle in time to avoid a crash. It is important for motorists to know that their actions affect the safety of motorcyclists. A motorist and a motorcyclist may take different actions for the same driving or highway situation.

For example, a motorist may ignore a piece of road debris: however, that same piece of road debris may be deadly to a motorcyclist. Whether you're riding on two, four or eighteen wheels, you can help reduce the accident rate by being alert to your surroundings. The advice may be especially helpful in cutting down the number of annual motorcycle accidents.

Motorists, particularly those who have not driven motorcycles, are sometimes not looking for motorcycles in traffic. As a result, cars and motorcycles often have collisions on the road. Drivers involved in crashes with motorcyclists often say they never saw the bike.

The MSF encourages car drivers and others to watch for motorcycles on the road and respect their right to be there. MSF urges motorcyclists to "Support Our Sport" by following traffic laws and respecting the rights of other roadway users. The MSF offers these safety tips to motorcyclists:

- Wear appropriate protective gear - a Department of Transportation (DOT) minimum 3/4 coverage helmet JIS (Safety goods S), eye protection (face shield or shatterproof goggles (no glasses)), highly visible clothing, long sleeve shirt or jacket, full-fingers gloves, long pants, international orange or lime green colored reflective vest and sturdy over-the-ankle boots. Know your skill level and ride within it. Use the SEE strategy - Search, Evaluate, Execute. SEE helps riders understand traffic situations and plan and implement a course of action to avoid

- A motorcycle's lane position can communicate a rider's presence and intention, avoid windblast from other vehicles and help maintain a space cushion between the bike and other traffic. A rider can increase their visibility with bright colors or reflective gear and signaling all intentions to other drivers. MSF teaches motorcyclists to use their "Rider Radar" to scan for hazards ahead.

- Alcohol and other drugs (prescription, over the counter or otherwise) diminish visual capabilities and alter good judgment. When someone is impaired, it is the responsibility of others to keep that person from getting behind the wheel-or the handlebars.

- You must have completed a Motorcycle Safety Foundation (MSF), Motorcycle Safety Course within the last three years as outlined in OPNAVINST 5100.12

- Call CFAS Safety (252-3903) to find out when the next Basic Rider Course (BRC) or Experienced Rider Course (ERC) is available.

Getting a handle(bar) on safe riding...



An area police motorcycle patrolman shares tips on proper braking distances and technique with a motorcycle enthusiast from Sasebo Naval Base at the Akasaki Fuel Terminal during a motorcycle demonstration and class held there May 11. (Released by CFAS Public Affairs)

VEHICLES

(Exp. May 26) 1989 Toyota Camry, JCI '06, \$1,100 (OBO). White luxury car runs good, comes complete with A/C, new headlights, fog lights, new tires, new timing belt, new battery, new alternator, very clean and well kept. Rarely driven. Road tax paid. Call 252-3053 Mon-Fri, 11:30 a.m. - 3 p.m. or call 090-3439-6294.

(Exp. May 26) **1994 Toyota Corolla**, JCI '06, \$950, Almost new tires, excellent condition. Call 252-3993.

(Exp. May 26) **1992 Nissan Prarie**, JCI '06, \$1,000. Seats seven, CD player, a/c, good condition. Call 090-1194-7487.

(Exp. May 19) 1992 Honda Ascot, JCI '06, \$1800 (firm). Call

(Exp. May 19) 1992 Toyota Hilux, JCI '07, \$2500 (firm). Also selling **1997 Honda Integra**, JCI '06, \$2500 (firm). Call 080 5688 3271.

(Exp. May 19) **1993 Nissan Primera**, JCI '06, \$2800 obo. Also selling 1994 Toyota Cynos, JCI '07, \$3200. Call Steve at 252

(Exp. May 19) 1993 Honda Ascot, JCI '06, \$2000 obo, Call

(Exp. May 19) **1994 Honda Odyssey**, JCl '05, \$2900. Call Tamara at 252 - 7373 or 080 5208 3615.

(Exp. May 19) FREE! PCSing, 2 large Oscar fish need a new home, If interested please call 252 - 8181.

MiscellaneouS

(Exp. May 26) 17" color monitor, Gateway 400 mhz computer with 1 DVD/1 CDRW drive and loads of software. Epson Stylus II color printer. All for \$75. Solid pine (oak stained) youth desk, \$50, (OBO). Call 090-6632-7739

(Exp. May 26) Used Yamaha black upright piano, \$500. Call 252-

(Exp. May 26) Double stroller for sale, \$35. Good condition. Same as the one for sale at the Exchange. Call 252-8181.

(Exp. May 26) Full size drafting board, \$50. Call 090-6632-7739.

(Exp. May 26) Phone rights for sale, \$100. Call 090-9799-0869.

(Exp. May 26) Phone rights for sale, \$275, (OBO). Call 252-7416.

(Exp. May 19) Antique blue and white hibachi \$300, serious buyers only. If interested please call before May 10 at 252 - 8105 (evenings OK).

(Exp. May 19) Beige carpet perfect for living room \$30, dark blue, \$10. Available May 13. Call 252 - 8105.

(Exp. May 19) Graco stroller w/infant carrier \$50, crib and mattress \$100. All in good condition. Call 252 - 8478.

(Exp. May 19) 17" color monitor, Gateway 400 mhz computer w/ DVD/CDRW drives, loads of software, Epson Stylus II color printer all for \$75. Also selling solid pine youth desk \$50 obo. Call Diana 090 6632 7739

(Exp. May 19) Phone rights \$150. Call 252 - 5539 or 090 5949

(Exp. May 19) Toddler sleigh bed including mattress and bed set. perfect condition, asking \$75. Call Tamara 252 - 7373 or 080 5208 3615.

Home BusinesS

IMPORTANT INFORMATION

Home-based businesses require CFAS approval, and WON'T be advertised in the Sasebo Soundings without it. Applications for Command approval are available through the SJA office, Bldg 80 or call 252-2103 for more information.

English teacher for all ages. Holds a Bachelor's degree, trained in tutoring English. Flexible hours. Please call Rebecca at 090 3736

English lessons offered. Can give in my home or yours. Very flexible. Call 080 3432 6967.

New English instructor in Sasebo. Holds Bachelor's Degree in Communications. Scheduling classes now for all age groups. Availability is limited, so call now! 080 3223 9162 or 252-8555. Pampered Chef Consultant. My name is Florence Franks and I am a consultant in your area. BOOK YOUR SHOW TODAY and receive a gift for hosting your show, 10% discount card good for one year, bonus points for FREE Products & more... New Spring/Su Catalog available. New Products. Call me anytime at 080 5201 7164

Several locals interested in meeting learning partners; you share a little English and in turn, they'll teach you Japanese.No monies exchanged. <maori@post.cc.sasebo.ac.jp> or 31-2863. Experienced in teaching children and adults, will provide private English lessons to single students or groups. Morning and weekend classes available. Call Gina at 252-7264 or 090 4221 9211.

American Cooking Class. Practice your English and learn to cook traditional American foods at the same time! Day and evening classes are available. Call Nina at 080 5211 0174.

Experienced Math Tutor. Does your child need some additional help learning math? Can tutor all levels. For adults, college algebra tutoring is also available. Individuals or groups are welcome. Please contact Nina via email <ninasilverman@hotmail.com> or call 080 5211 0174 to set up a lesson.

Experienced in teaching English to non-native speakers. Will work with individual or group. Flexible hours. Call me at 252-8169.

Pacific Pixels Studio, 252-7158 or 090-4515-7655. Check us out at pacificpixels.com. Taking care of all your portrait needs... "Where the focus is you...your style, your way." 252-7158 or 090 4515 7655

Paws 'n' Claws Pet Kennel. If you know someone posing to Sasebo w/pets, call 252-2905 to make a reservation. Hours of operation: Monday-Friday: 10 a.m. - 5 p.m.

Saturday: 10 a.m. - 1 p.m. Sunday: 10 a.m. - Noon

Child Find is a DoD program which actively seeks to locate and identify children through the age of 21, who may need developmental or education or related services. If you think your child has a disability, call 252-3600 (EJ King School), or 252-8800 (JN Darby School)

Language Instructor-Japanese or English, private and group rates Children and adult classes at your convenience. FMI call 34 7957.

Are you concerned about your child's growth, health, motor skills or development? Early Intervention Services offers services to children from birth to age 3 and their families. These services may include nication problems, behavioral concerns, motor skills, delayed growth & development etc. FMI, call EDIS at 252-3888.

Today's Memories by DeMauro. From portraits to parties. We cover it all, we're MD Photography. Give us a call. 252-8147. Check us out on the web at <www.mdphotography.net>.

Photography by Ferna is dedicated to offering a unique look to your next portrait. Call us at 090-5731-5744 or visit us at <www.photographybyferna.com>

Authorized after hours AmeriCable Salesman/Installer. Base housing, BEH and BOH. Call 080 5246 2643 or 0956 24-5260 for price quotes. Free Installation. Ask for Jonathan Beaston, authorized AmeriCable contractor.

Stars and Stripes delivers to your on base post office box. As a service to Stripes readers, the Sunday edition of Stars and Stripes is offered seven days a week. Look for the specially designated vending machines at the following locations: Bayside Food Court, Main Base Post Office, McDonald's and the Hario Home Store. We are located in Bldg PW-47 on the first floor, or call us at 252-3890.

three children in the third and fourth grade level. Will discuss payment for 1-1.5 hours sessions on Thursday evenings at 4:30. Please contact Mrs. G at 252-8454.

Will pay cash for your old gold and silver jewelry, ingots silver or gold coins, sterling cutlery, cups and plates. Willing to pay best possible prices based on current international gold and silver value indexes. Contact Dr. David Holmes-Smith to set a time to meet and weigh out the items you would like to sell. There is no obligation to sell after quote has been given. Call 090 9477 8875 before 7:45 $\,$ a.m. and after 3 p.m. Monday through Friday and anytime on

Pampered Chef Consultant, My name is Florence Franks and I am a consultant in your area. Book your show today and recieve a gift for hosting your show, 10 percent discount card good for one year, bonus points for free products and more! New Spring/Summer catalog avaliable. Call me anytime 080 5201 7164 or 252-7302.

A reminder that deadline for **Soundings** submissions is Tuesday at 2 p.m.

What's happening?

Interested in being a Host Family for a day?

You have an oportunity to invite a pair of English students from Nagasaki Junior College to spend a day with your family. Share American culture, games, cooking and crafts with an English learner. Home visits will take place May and June. For details contact Penny Rower at 28 - 6565 or pick up an application from the post office.

May Lunch Specials at Galaxies

Good things are always cooking in the kitchen at Galaxies, and the month of May is certainly no exception. Their May Monday special features Mexican calzone served with rice and beans. On Tuesday the special is Yakisoba served with steamed rice and an egg roll. On Wednesday the lunch special is chicken curry served with steamed rice and a tossed salad. The May Thursday special features lasagna served with a tossed salad and bread sticks. Their May Friday special includes southern fried chicken served with whipped potatoes and vegetables. The Galaxies Food Court daily lunch specials, served from 11 a.m. while supplies last, are only \$5, and that includes a soda. For more information, call 252-2980.

Fit 4 Fuji

1 May-31 July

Prepare to climb Mt Fuji, this summer...Get your Fit 4 Fuji wallet card stamped at the Outdoor Recreation Center, Hario or Fleet Fitness Centers and start earning rewards and discounts, getting FIT to conquer Fuji. Simply take advantage of programs with OREC (hikes and kayaking classes) as well as numerous fitness opportunities (lap swim/group exercise class/Fun Run events/ 30 minute cardio workouts or intramural sports with Fleet or Hario Fitness Centers and you're on your way! For more information call 252-3500.

Group Exercise Classes held at Spare Time Bldg 91. (NEW SCHEDULE)

Mon: Cardio & Abs w/Emily 6 a.m. Tues: Step Aerobics w/Zee 9 a.m. Wed: Cardio & Abs w/Emily 6 a.m. Step Aerobics w/Zee 9 a.m., Yoga w/ Maruta/Zee 5:30 p.m.

Thur: Step Aerobics w/Zee 9 a.m. Fri: Mat Pilates w/Emily 6 a.m. Satur: Total Body w/Emily 8:30 a.m.

Water Safety Instructor

May 21-22 (9 a.m. - 5 p.m.) May 23-27 (4 p.m. - 9 p.m.) FMI please call 252-3588/3588

Spring Student Athlete Recognition Ceremony

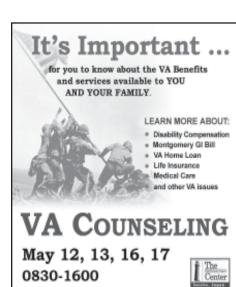
On Tuesday, May 31, from 5 – 7p.m., E. J. King's student athletes will be recognized for their hard work and achievements during the spring sports season. The dinner and awards ceremony will take place at the Harbor View Club. Reservations and payment are due to Rowena Suriben by May 24. For more information, call E. J. King High School at 252-3072.

"COOL"—Celebration of Our Learning

On Thursday, May 19, from 4:30-6:00 p.m. in the Library-Media Center, E. J. King will be sponsoring a night to celebrate the successes students and teachers have enjoyed during the school year. Stop by to talk with E. J. King teachers, or to see an exciting collection of student work. This event will offer a showcase of student projects and classroom activities. Demonstrations will include videos, game shows, displays of student work, and more!

CFAS Ombudsman Wanted

Interested in filling the currently vacated CFAS Ombudsman position? Be on call 24-7! Strange calls at strange hours! Free lunches and snacks! Free dinner with the Commanding Officer! Great job satisfaction! If interested, contact CFAS Command Master Chief Lowmon at 252-3521 FMI.



Call FFSC at 252-3604 to schedule for an appointment with the VA Representative. First come, first served basis.







Fleet Gym 252-3588

Hario Gym 252-8691



Gator brawl: Gators take down Harpers Ferry, 59-58









Fitness Tip: Exercise can prevent heart damage

Alec Culpepper

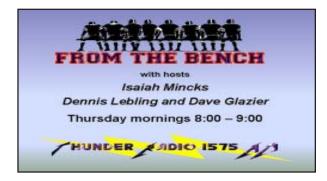
Fitness and Aquatics Director

Prolonged, sustained endurance training prevents stiffening of the heart, a condition associated with the onset of heart failure. That's the finding of a new study, published in the September 28 edition of *Circulation*. The study also found that a sedentary lifestyle puts older people at risk of heart failure.

Researchers compared the heart health of 12 healthy but sedentary older adults. Another 14 young but sedentary people were used as control subjects. "We found that the older, sedentary individuals' hearts were 50 percent stiffer" than those of the athletic older adults, said study

The researchers concluded that sticking with an endurance-training program could help play a great role in reversing damage done to the heart.

Tuesday, May 10 at the Fleet Gym: (Clockwise from top left) A Harpers Ferry's player attempts a layup over Gator defenders, The guard runs into traffic as he drives the lane, A Harpers Ferry player slams one home, the Harpers Ferry defense intensifies, and the scoreboard tells the story of a game that went down to the wire. (Official U.S. Navy Photos by JOSN Jeff Johnstone)



Upcoming Sports

Armed Forces Day 5k

Saturday, May 21, 8:30 a.m. Nimitz Park Body Composition Challenge May 2nd - June 30, Fleet Fitness Center Sign up anytime during the program

Most improvement of Body Composition (loss of percent body fat, relative to body weight). Awards will be presented on July 1 for the top three men and top three women.

Fitness Intro Circuit Training

May 3rd – June 30, every Tuesday and Thursday from 11:30 a.m. -12:30 p.m. at the Fleet Fitness

No registration required, just show up to participate! Beginners and novices welcome and encouraged. Learn about the equipment and proper lifting movements. Training will be conducted either 1-on-1 or in a group setting depending on number of participants.

Captain's Cup Pickle Ball Tournament:

Start Time 1 p.m., Sunday, May 15 Fleet Fitness Center Entries due May 11 for single- or doubleelimination play.

Spring Sports Scoreboard

Spring Basketball			Spring Softball			
Rank	Wins	Losses	Rank	Team	Win	Losses
1 Young Guns	10	0	1	Total Force	14	0
2 Showtime	6	1	2	Fire Dreams	9	1
3 BLF	4	2	3	Fort McHenry	10	5
4 Tru Stories	3	2	4	Dragons	8	4
5 Outlaws	3	3	5	Guardian	4	2
6 Gators	3	5	6	Crush	6	5
7 Essex	2	4	7	Kamikaze	5	4
8 Dragons	1	2	8	Bone Crushers	8	7
9 Harpers Ferry	1	3	9	Patriot	5	5
10 Warriors	1	8	10	Harpers Ferry	4	6
11 AFN	0	3	11	Young Gunz	2	8
12 Ballers	0	1	12	Security	3	10